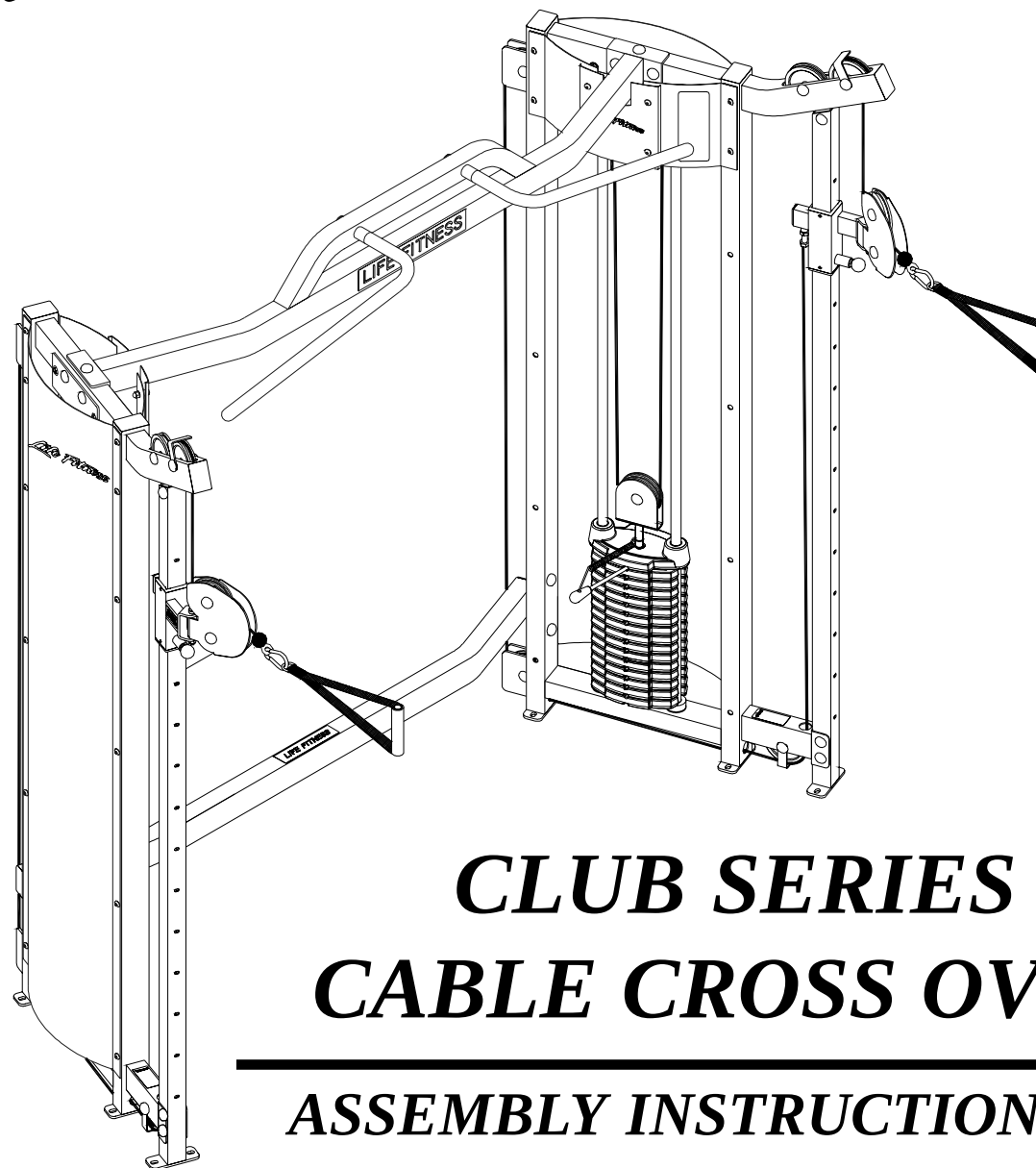


Life Fitness



CLUB SERIES CABLE CROSS OVER ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	70837xx	TOWER	2
1A	7111401	CABLE	2
1B	6692601	END CAP 3 X 2	6
1C	6714901	GUIDE ROD BUSHING	4
1D	3222801	4.5 PULLEY	3
1E	6866601	CAP, RH-20 BLK	4
1F	6102903	3/8-16 X 2.5 BOLT	3
1G	6866701	3/8 WASHER FLAT	4
1H	6480301	3/8 SPACER	6
1I	6827001	CABLE CLIP	1
1J	3102807	3/8 NYLOCK NUT	3
1K	6793001	PRODUCT WARNING LABEL	1
2	7086101	FRONT UPRIGHT	2
3	71032xx	ASSY TOP CROSS SUPPORT	1
3A	3103106	RUBBER GRIPS	2
3B	7111301	LF LABEL	1
4	71031xx	ASSY REAR CROSS SUPPORT	1
4A	7110801	LF LABEL	1
5	70857xx	GUIDE ROD SUPPORT	2
6	7104802	LEFT SWIVEL PULLEY ASSY	1
6A	7103602	SWIVEL WLDMT BLK	2
7	7103802	RIGHT SWIVEL PULLEY ASSY	1
7A	6590901	INSERT	4
7B	7115201	SPRING PIN	2
8	7104002	HEAD PLATE	2
9	3102924	3/8 X 1-3/4" BOLT	4
10	3102933	3/8 X 2" BOLT	4

KEY	PART #	DESCRIPTION	QTY
11	3102903	3/8 X 2-1/2" BOLT	6
12	3102922	3/8 X 2-3/4" BOLT	8
13	3102904	3/8 X 3" BOLT	4
14	3102905	3/8 X 3-3/4" BOLT	2
15	3102807	3/8" LOW HEIGHT LOCK NUT	28
16	3102514	3/8" SAE WASHER	44
17	6866701	3/8" RH WASHER	52
18	6866601	BLACK RH CAP	12
19	6480301	3/8" FLANGE SPACER	8
20	3103801	SNAP LINK	2
21	6714901	GUIDE ROD BUSHING	4
22	7016901	SEWN HANDLE	2
23	6827001	CABLE CLIP	2
24	3222801	4-1/2" PULLEY	12
25	3108001	WEIGHT STACK CUSHION	4
26	3222001	1" SHAFT COLLAR	4
27	6926801	GUIDE ROD	4
28	7115501	PLACARD LABEL	2
29	7115601	LANGUAGE PLACARD LABEL	2
30	6887202	10 LB. WEIGHT PLATE	30
31	6888402	15 LB. WEIGHT PLATE (OPT)	20
32	6971601	WGT STACK LABEL	2
33	6866602	WHITE RH CAP	40
OR	6866603	PLATINUM RH CAP	40
34	6925102	ASSY REAR SHROUD BLK	2
35	6921207	FRONT SHROUD PLAT	2
36	6862102	FRONT SIDE SHROUDS BLK	4
OPTION	6914607	FULL FRONT SHROUD PLAT 78"	2

*For all 5 digit part numbers you need to add the color at the end.

For shrouds and weldments please use the following codes:

xxxxx07	Denotes Platinum
xxxxx08	Denotes White

****Language placard kit comes with Dutch, French, German, Portuguese, Spanish, Japanese, and Italian.**

*For upholstery, please use the following codes:

xxxxx12	Denotes Black
xxxxx13	Denotes Hunter Green
xxxxx14	Denotes Regimental Blue
xxxxx15	Denotes Adobe

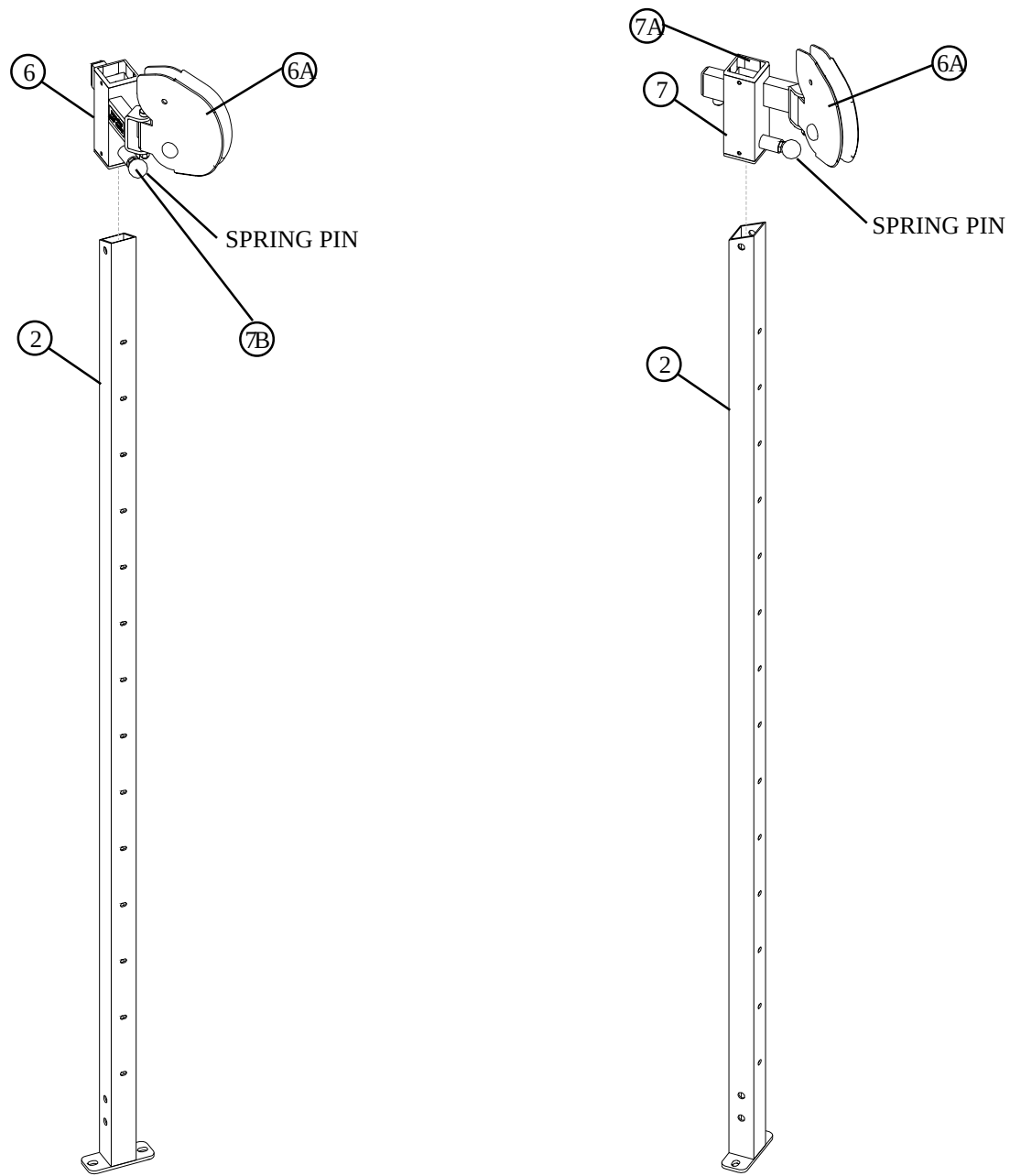
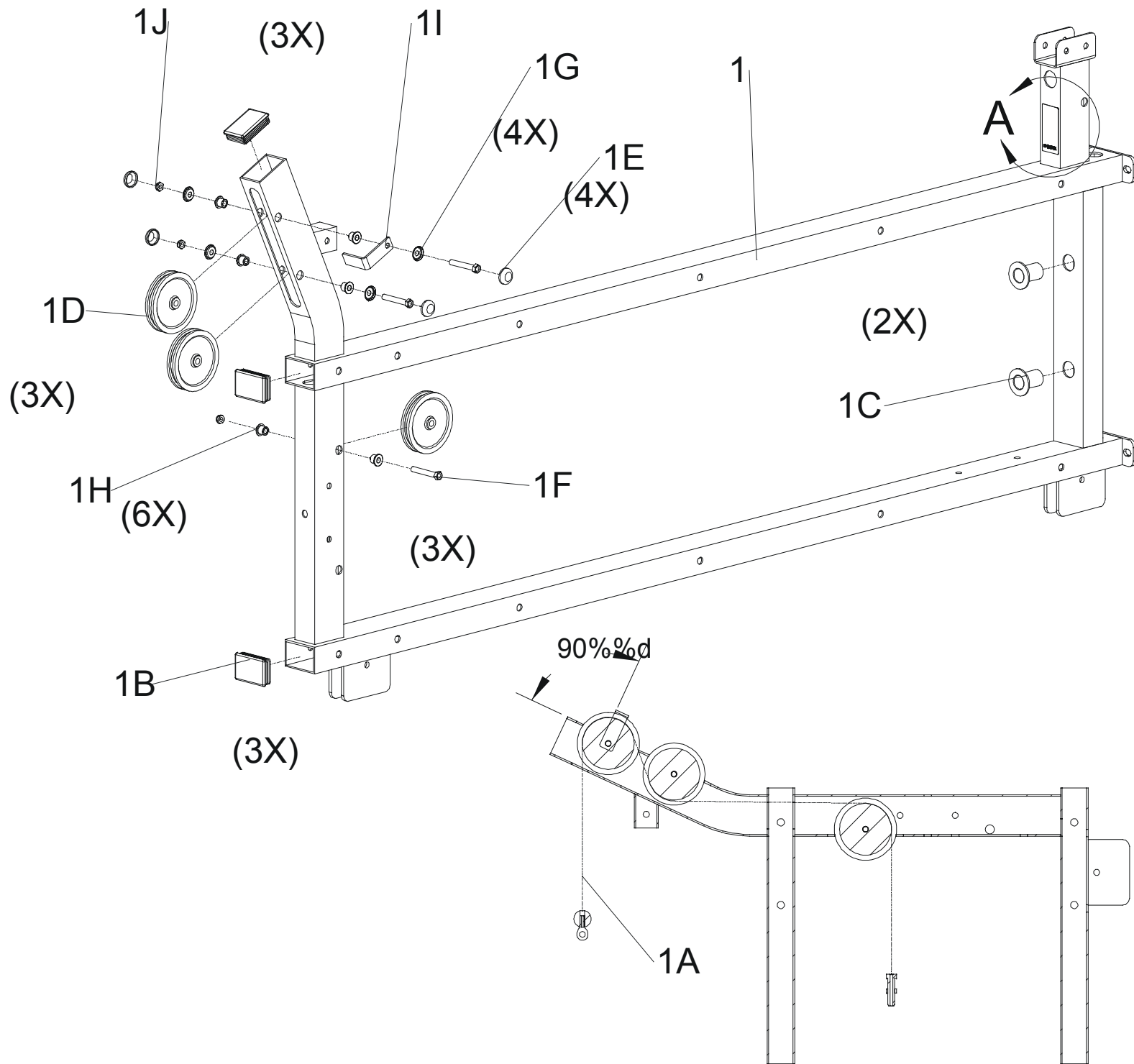


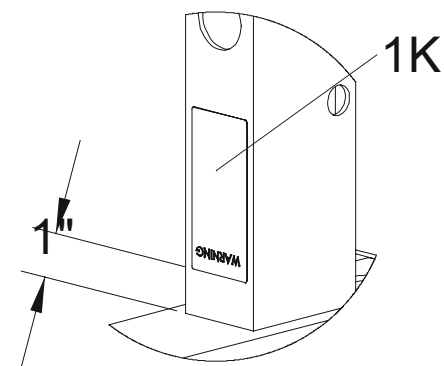
FIGURE 1

STEP 1

- Pull back SPRING PIN on the LEFT and RIGHT SWIVEL PULLEYS (6 & 7) and **CAREFULLY** slide them over the FRONT UPRIGHTS (2) as shown in FIGURE 1.



DIAGRAM



DETAIL A
SCALE 1 : 4

CABLE ROUTING

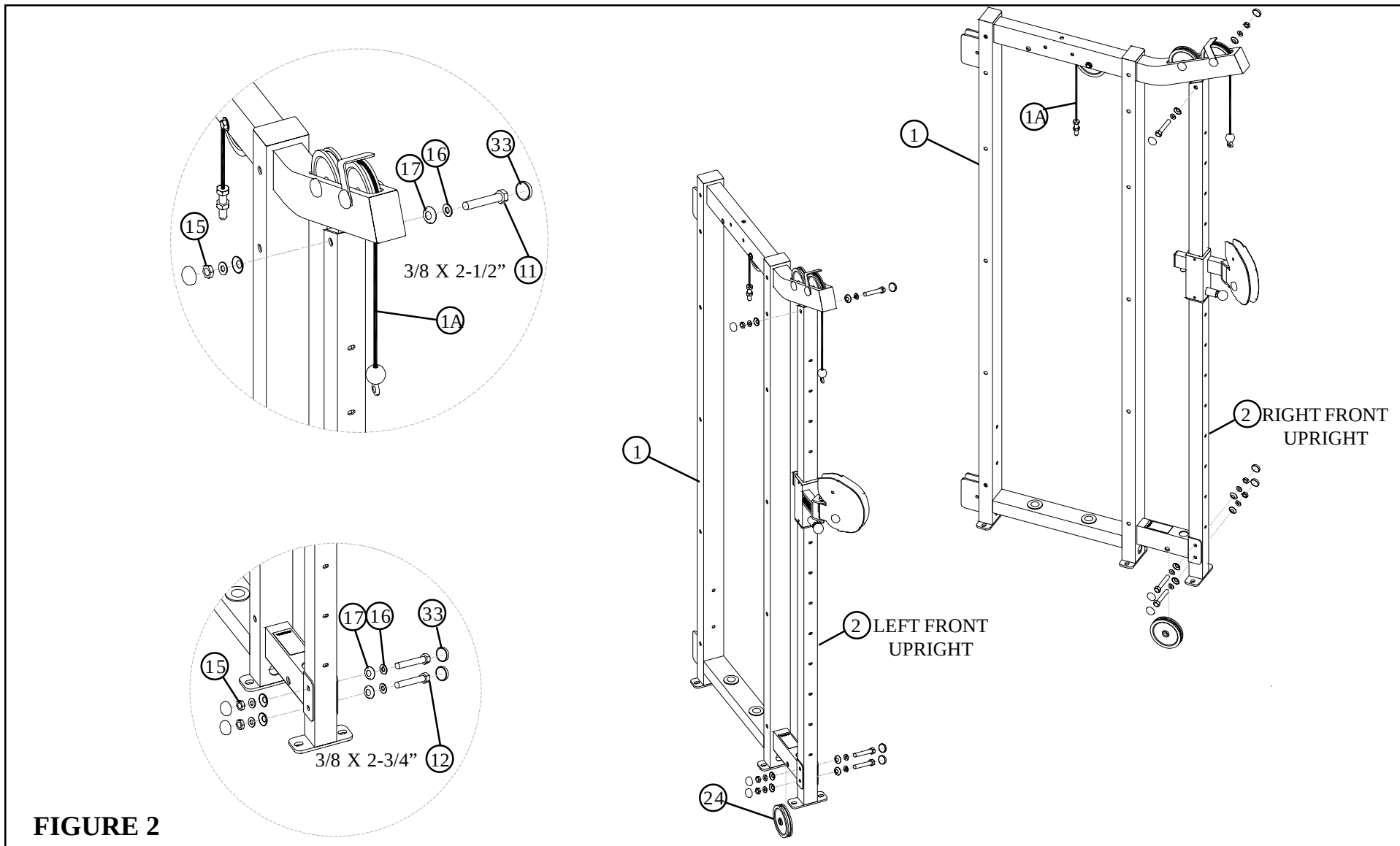
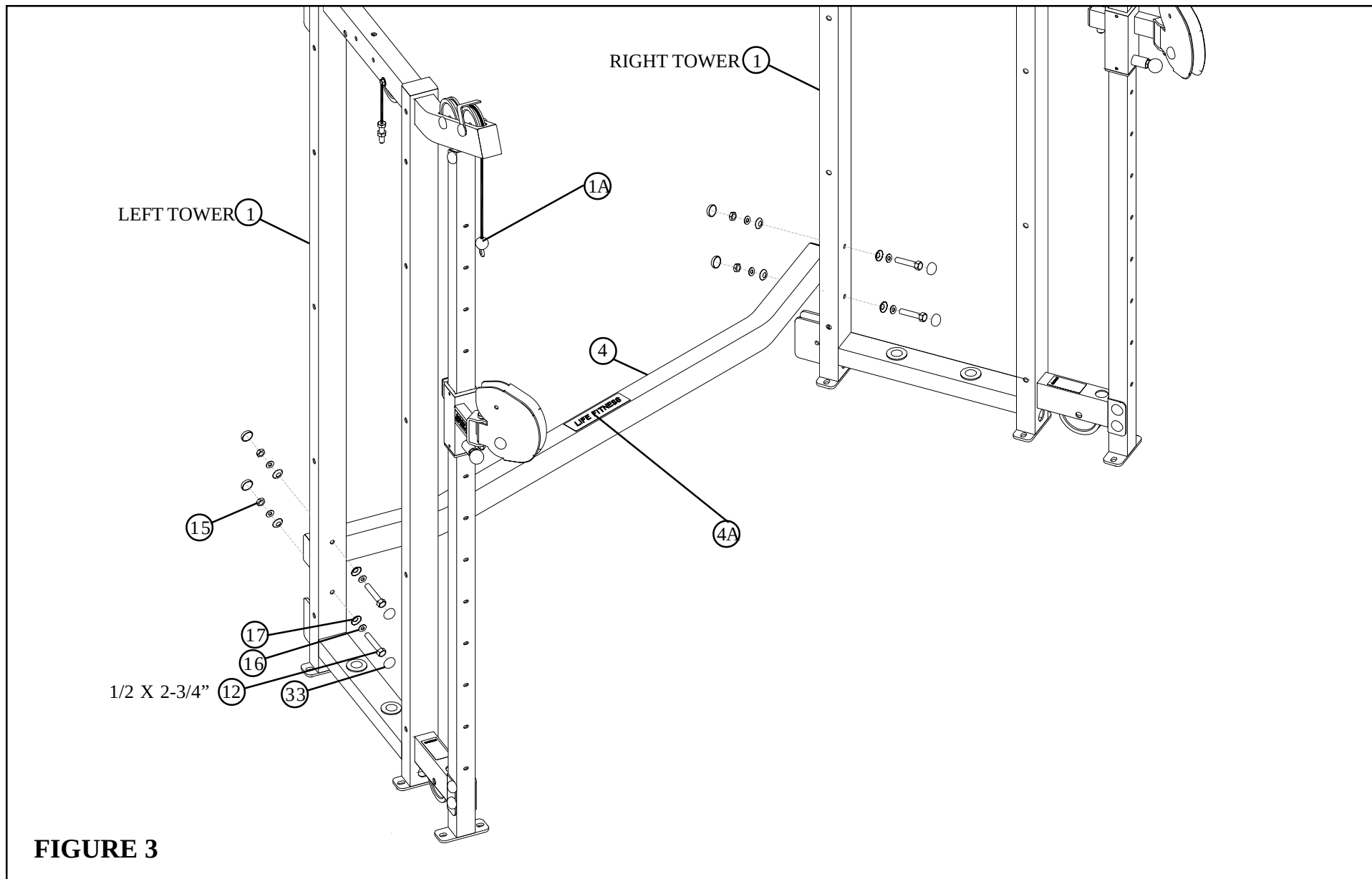


FIGURE 2

STEP 2

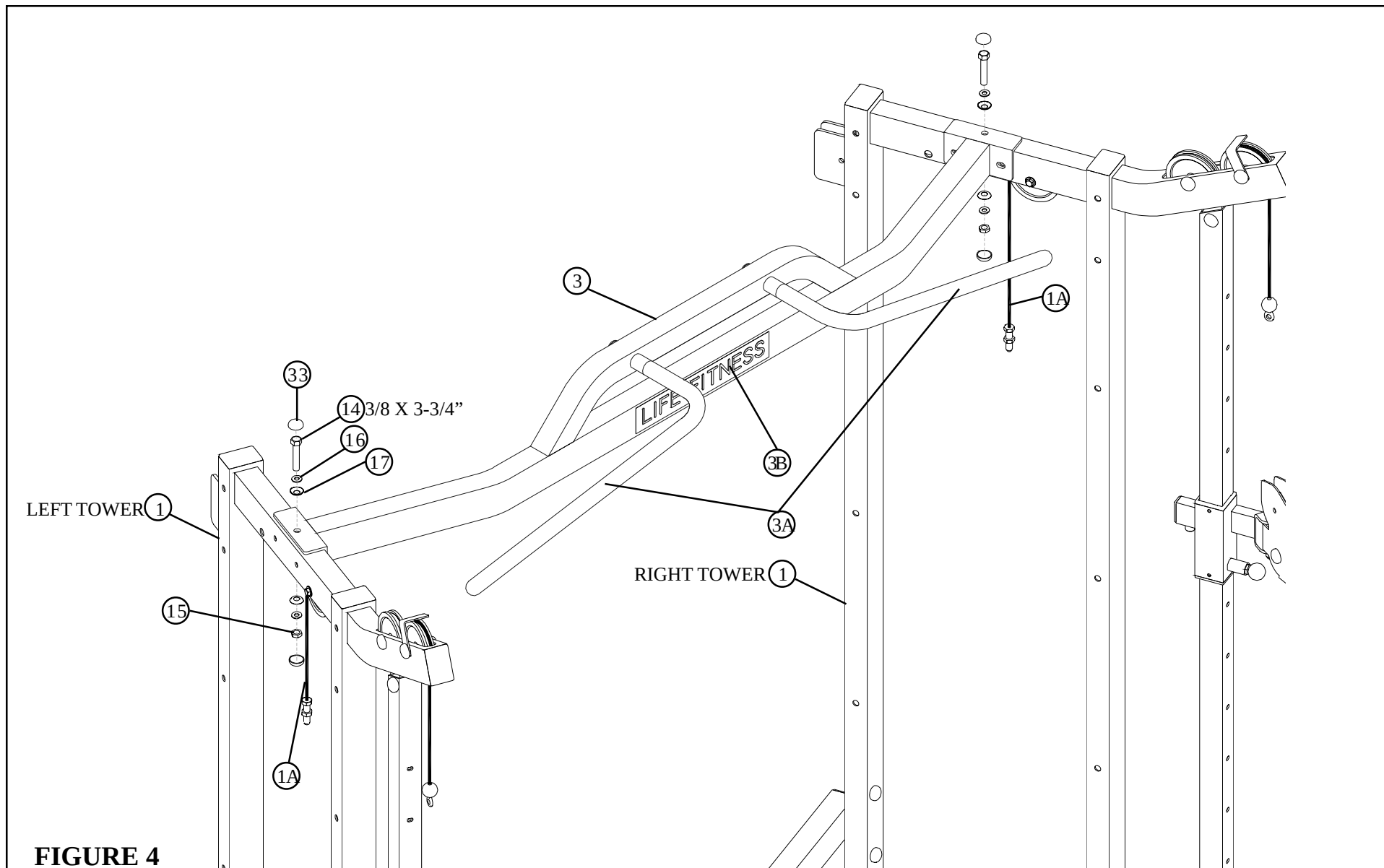
- **SECURELY** assemble the LEFT FRONT UPRIGHT (2) to the top and the bottom of the TOWER (1) using six RH CAPS (33), one 3/8 X 2-1/2" BOLT (11), two 3/8 X 2-3/4" BOLTS (12), six 3/8" SAE WASHERS (16), six 3/8" RH WASHERS (17) and three 3/8" LOW HEIGHT LOCK NUTS (15) as shown in FIGURE 2.
- **REPEAT** the above step to assemble the RIGHT FRONT UPRIGHT (2) to the TOWER (1)
- **NOTE:** Insert one 4-1/2" PULLEY (24) into the bottom slot of both TOWERS (1) as shown. These pulleys will be assembled after the cable is routed.





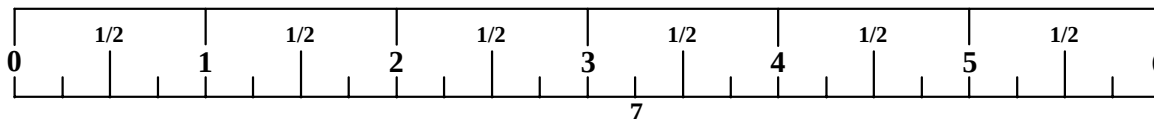
STEP 3:

- **SECURELY** assemble the REAR CROSS SUPPORT (4) to the bottom of the LEFT and RIGHT TOWERS (1) using eight RH CAPS (33), four 3/8 X 2-3/4" BOLTS (12), eight 3/8" SAE WASHERS (16), eight 3/8" RH WASHERS (17) and four 3/8" LOW HEIGHT LOCK NUTS (15) as shown in FIGURE 3.



STEP 4:

- **SECURELY** assemble the TOP CROSS SUPPORT (3) to the the top of the LEFT and RIGHT TOWERS (1) using four RH CAPS (33), two 3/8 X 3-3/4" BOLTS (14), four 3/8" SAE WASHERS (16), four 3/8" RH WASHERS (17) and two 3/8" LOW HEIGHT LOCK NUTS (15) as shown in FIGURE 4.



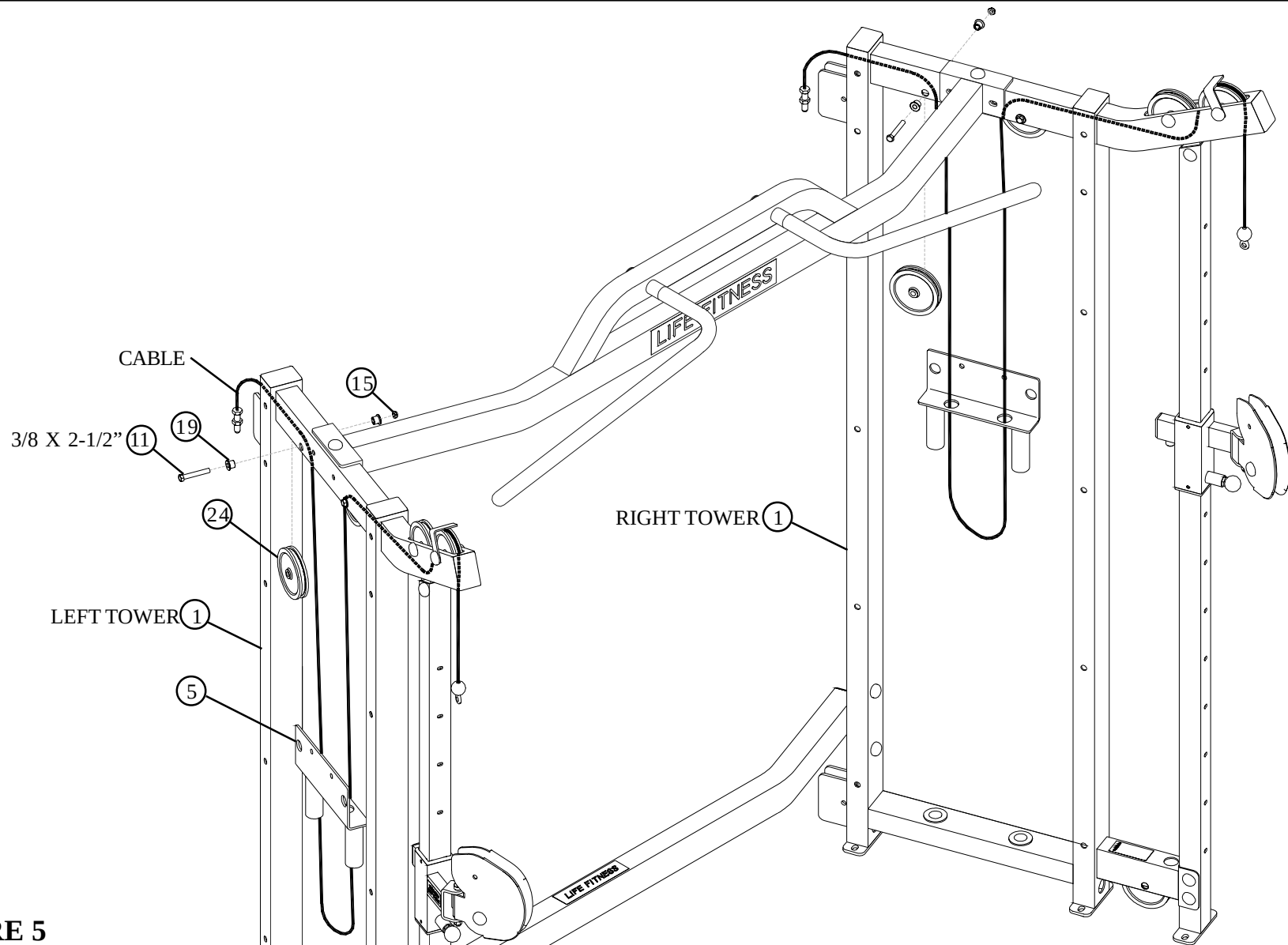


FIGURE 5

STEP 5:

- Route the threaded end of CABLE through the GUIDE ROD SUPPORT (5) and through the LEFT TOWER (1) as shown in FIGURE 5.
- **SECURELY** assemble one 4-1/2" PULLEY (24) to the TOWER (1) using one 3/8 X 2-1/2" BOLT (11), two 3/8" FLANGE SPACERS (19), and one 3/8" LOW HEIGHT LOCK NUT (15) as shown in FIGURE 5.
- Repeat these steps to assemble the 4-1/2" PULLEY (24) and the GUIDE ROD SUPPORT (5) to the RIGHT TOWER (1). (**NOTE: The GUIDE ROD SUPPORT (5) is assembled to the RIGHT TOWER (1) in the opposing direction of the LEFT TOWER (1). See FIGURE 5.**)

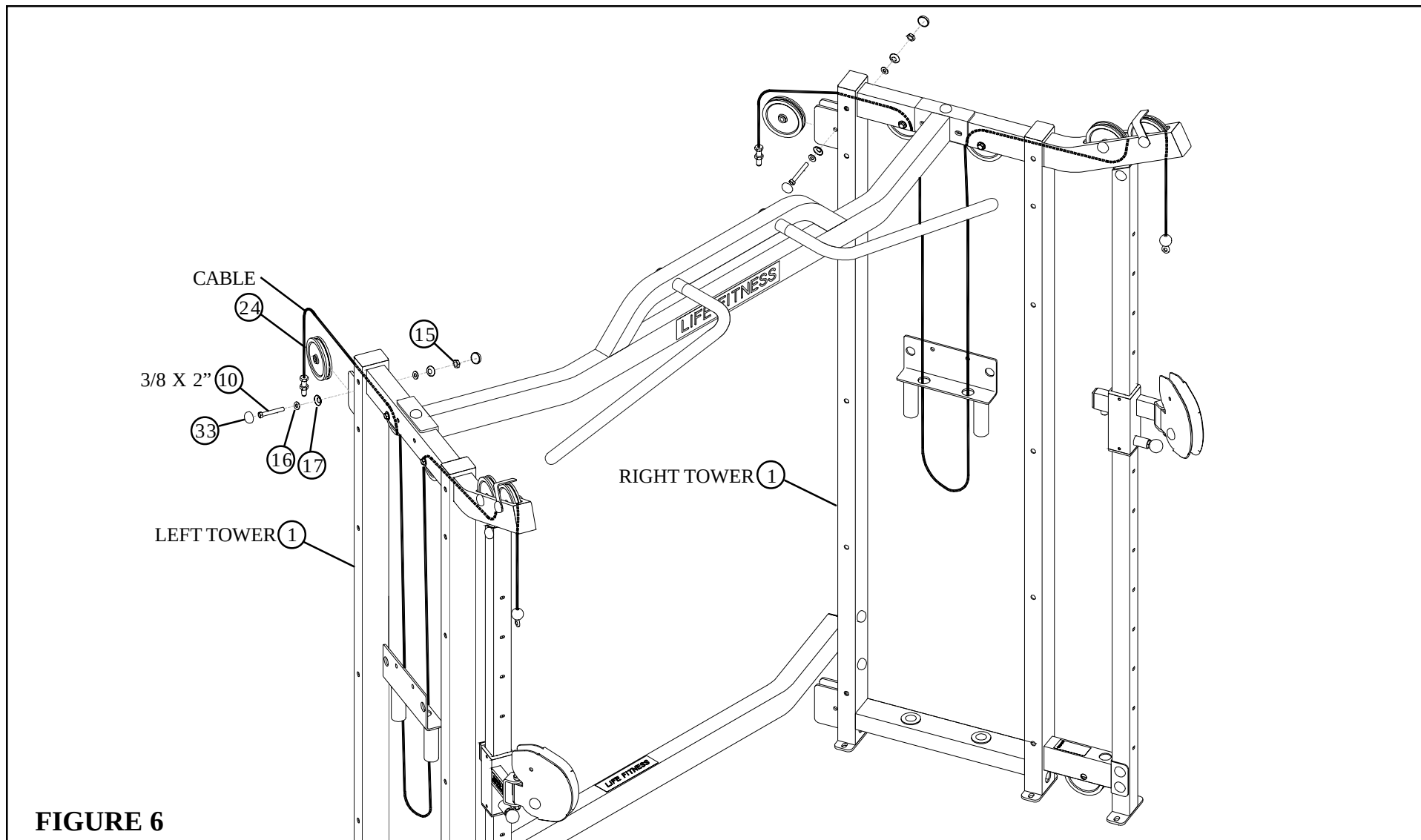
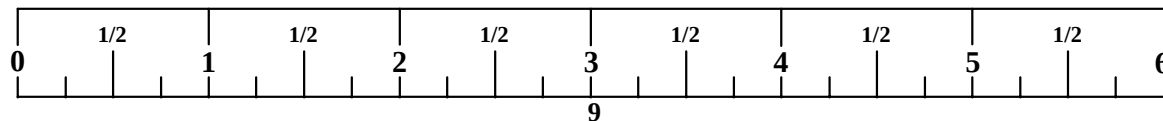


FIGURE 6

STEP 6:

- Route the threaded end of CABLE over one 4-1/2" PULLEY (24) and **SECURELY** assemble the 4-1/2" PULLEY (24) to the LEFT TOWER (1) using two RH CAPS (33), one 3/8 X 2" BOLT (10), two 3/8" SAE WASHERS (16), two 3/8" RH WASHERS (17) and one 3/8" LOW HEIGHT LOCK NUT (15) as shown in FIGURE 6.
- Repeat this step to assemble one 4-1/2" PULLEY (24) to the RIGHT TOWER (1).



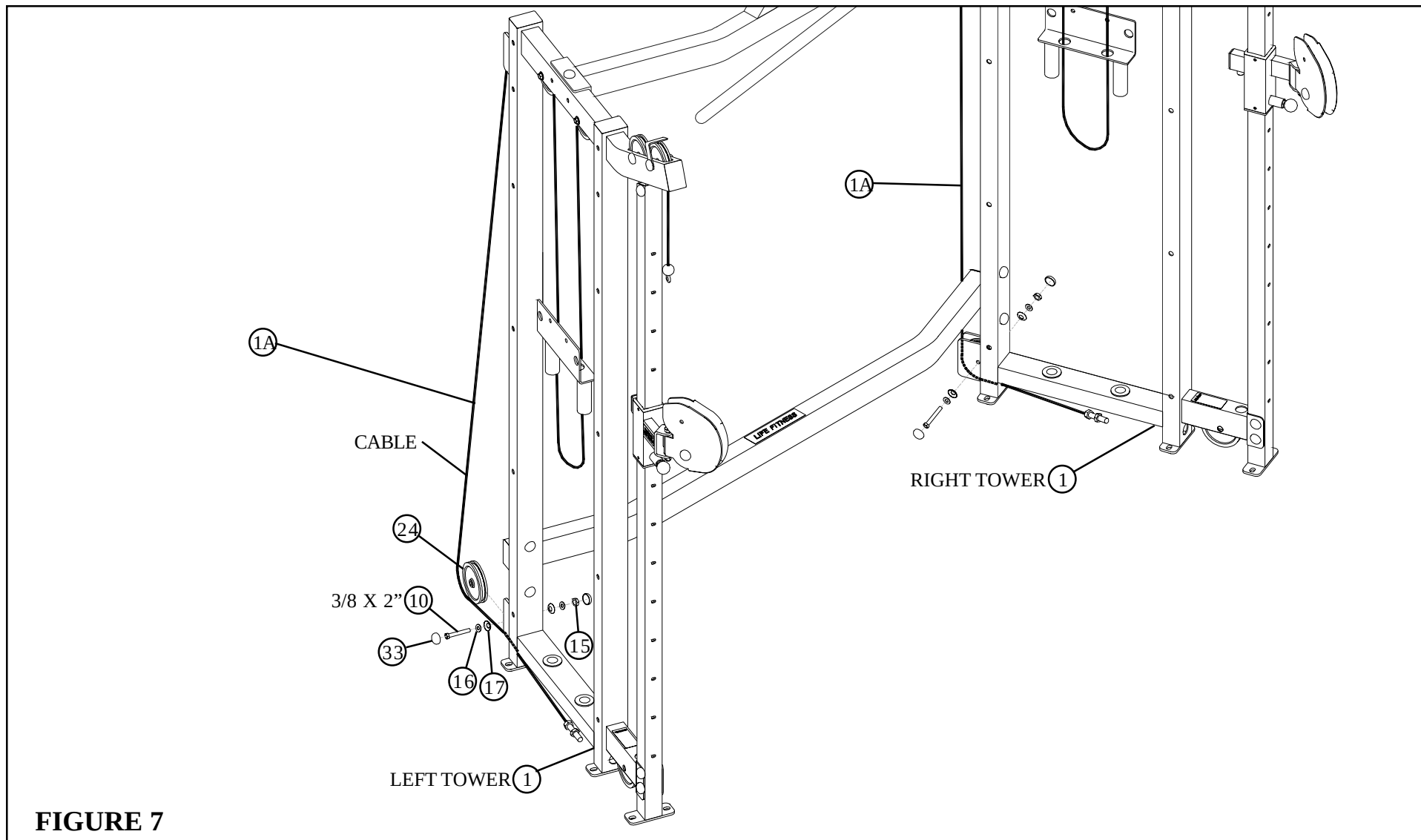


FIGURE 7

STEP 7:

- Route the threaded end of CABLE through the LEFT TOWER (1) as shown, then over one 4-1/2" PULLEY (24) and **SECURELY** assemble the 4-1/2" PULLEY (24) to the LEFT TOWER (1) using two RH CAPS (33), one 3/8 X 2" BOLT (10), two 3/8" SAE WASHERS (16), two 3/8" RH WASHERS (17) and one 3/8" LOW HEIGHT LOCK NUT (15) as shown in FIGURE 7.
- Repeat this step to assemble one 4-1/2" PULLEY (24) to the RIGHT TOWER (1).

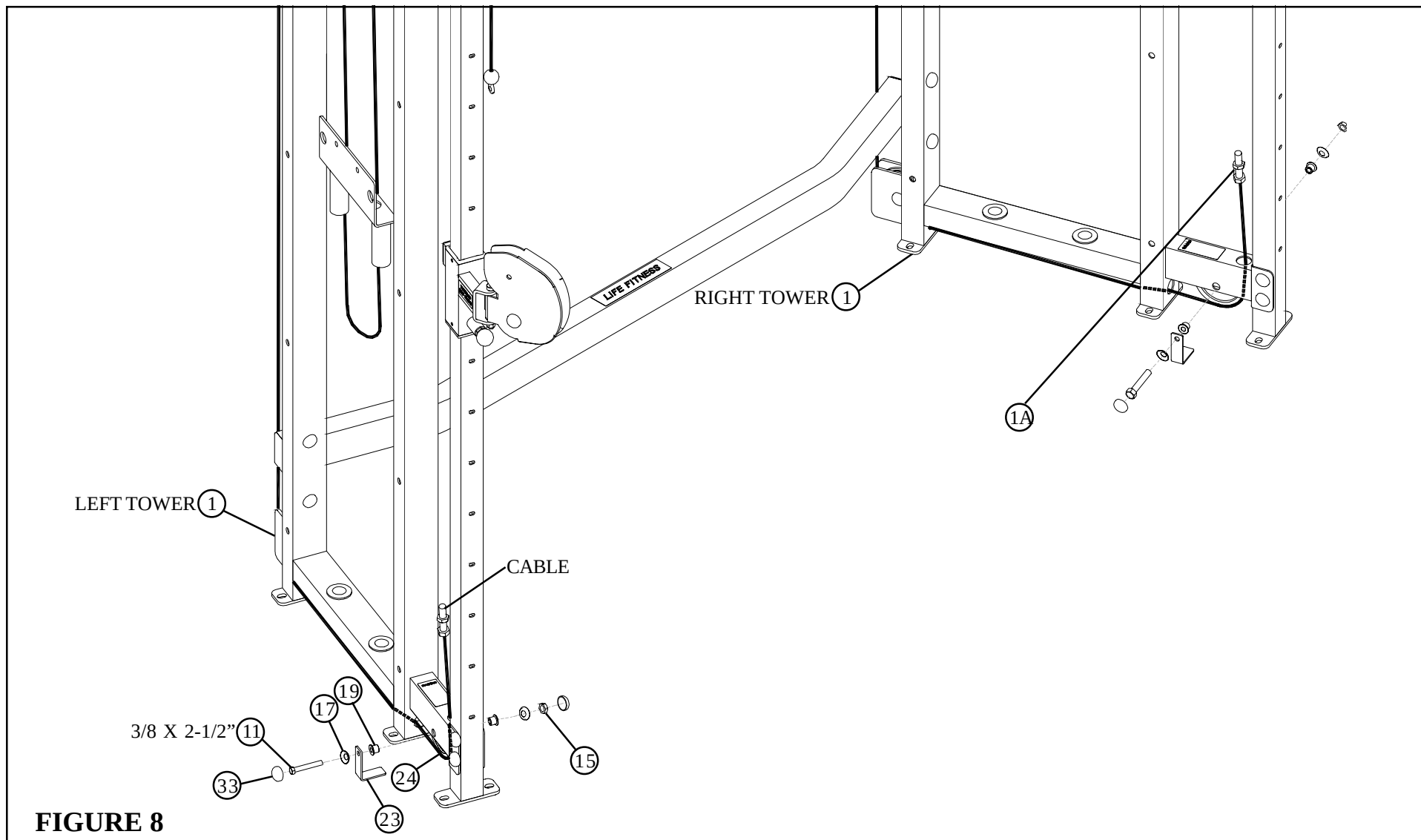
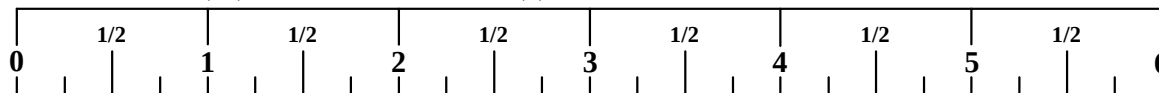


FIGURE 8

STEP 8:

- Route the threaded end of CABLE through the LEFT TOWER (1) and around the previously inserted 4-1/2" PULLEY (24). **SECURELY** assemble the 4-1/2" PULLEY (24) to the LEFT TOWER (1) using two RH CAPS (33), one 3/8 X 2-1/2" BOLT (11), two 3/8" RH WASHERS (17), one CABLE CLIP (23), two 3/8" FLANGE SPACERS (19) and one 3/8" LOW HEIGHT LOCK NUT (15) as shown in FIGURE 8. (**NOTE: Make sure the cable is in the groove of the pulley.**)
- Repeat this step to assemble one 4-1/2" PULLEY (24) to the RIGHT TOWER (1).



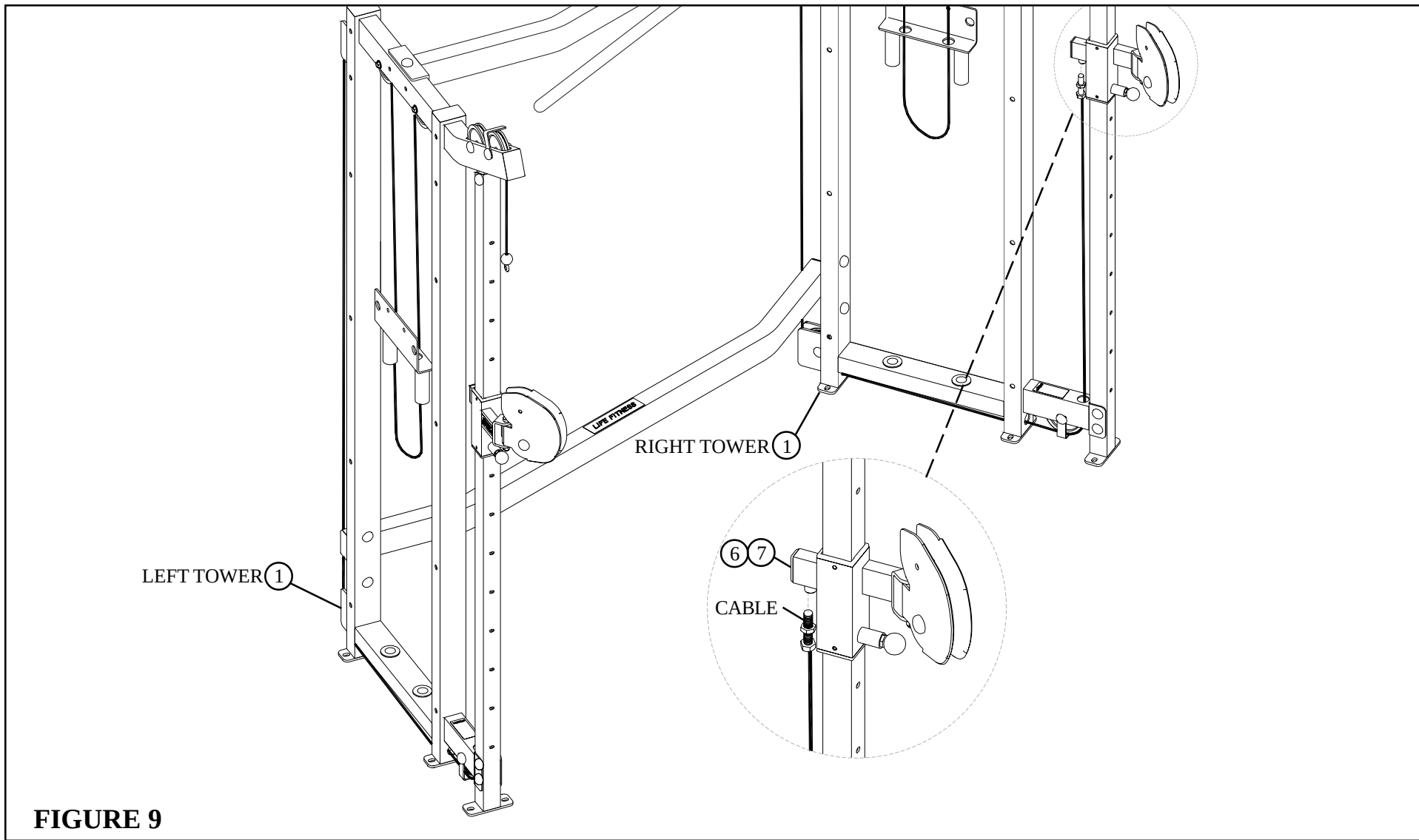


FIGURE 9

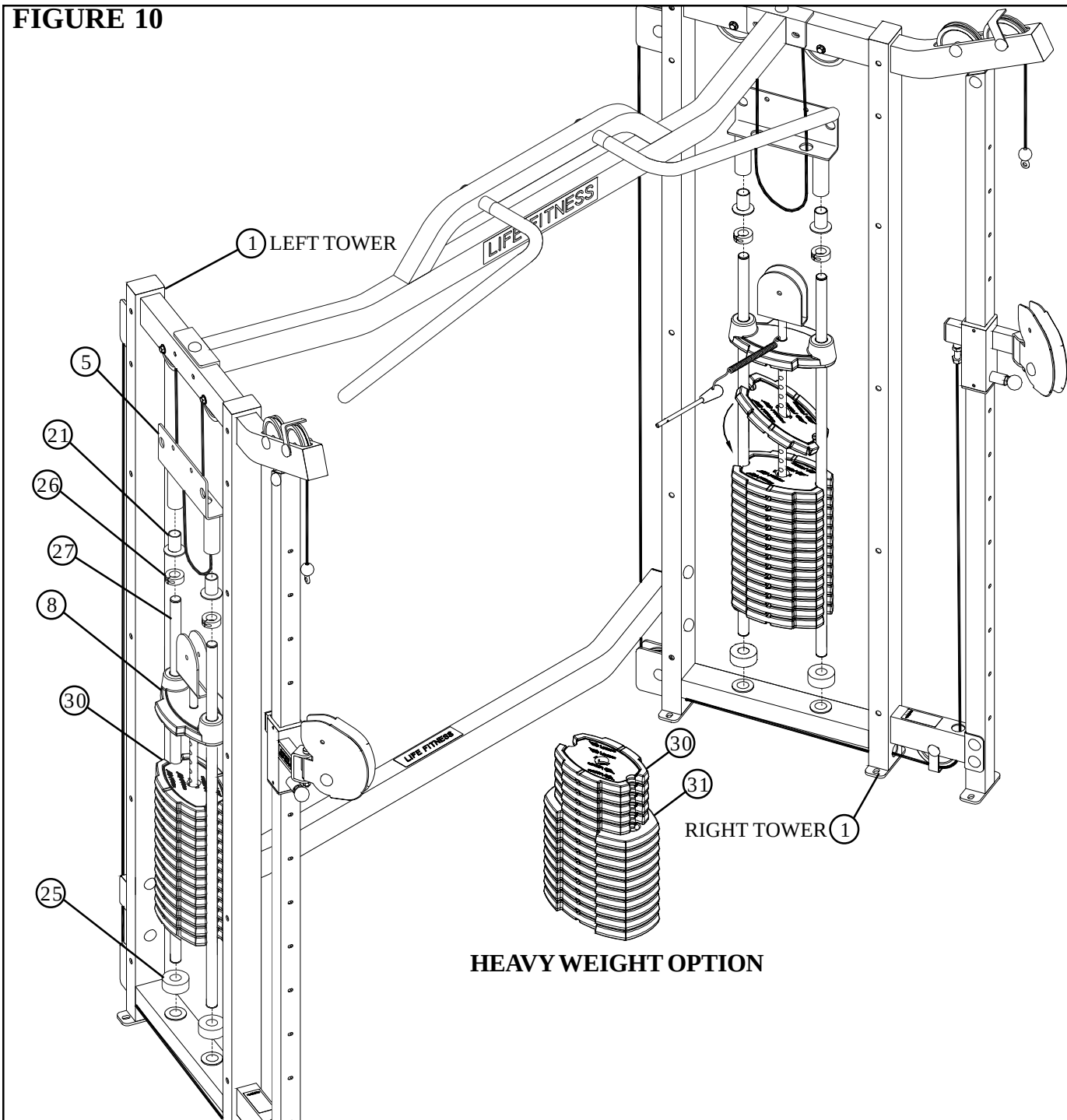
STEP 9:

- Screw the threaded end of CABLE approximately 3/4" into the LEFT SWIVEL PULLEY (6) on the LEFT TOWER (1) and snugly tighten jam nut as shown in FIGURE 9.
- Repeat this step to assemble the CABLE to the RIGHT SWIVEL PULLEY (7) on the RIGHT TOWER (1).

STEP 10:

- Insert the two GUIDE RODS (27) into the base of the TOWER (1) as shown in FIGURE 10. Lubricate the GUIDE RODS (27) with a silicon or teflon spray that is available at most hardware stores. **(NOTE: GUIDE RODS are found in the SHROUD KIT box.)**
- Slide two WEIGHT STACK CUSHIONS (25) down over the GUIDE RODS (27). See FIGURE 10.
- Using **EXTREME CARE** place fifteen 10 LB. WEIGHT PLATES (30) over the GUIDE RODS (27) as shown in FIGURE 10. **(NOTE: If HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (31) over the GUIDE RODS (27) first, then slide five 10 LB. WEIGHT PLATES (30) over the GUIDE RODS.)**
- Carefully Slide the HEAD PLATE (8) down over the GUIDE RODS (27) onto the weight stack as shown in FIGURE 10.
- Slide two 1" SHAFT COLLARS (26) over each GUIDE ROD (27) as shown in FIGURE 10.
- Slide two GUIDE ROD BUSHINGS (21) over each GUIDE ROD (27).
- Place the GUIDE ROD SUPPORT (5) over the GUIDE RODS (27) as shown in FIGURE 10.
- Repeat the above steps to assemble the WEIGHT STACK on the opposite TOWER (1).

FIGURE 10



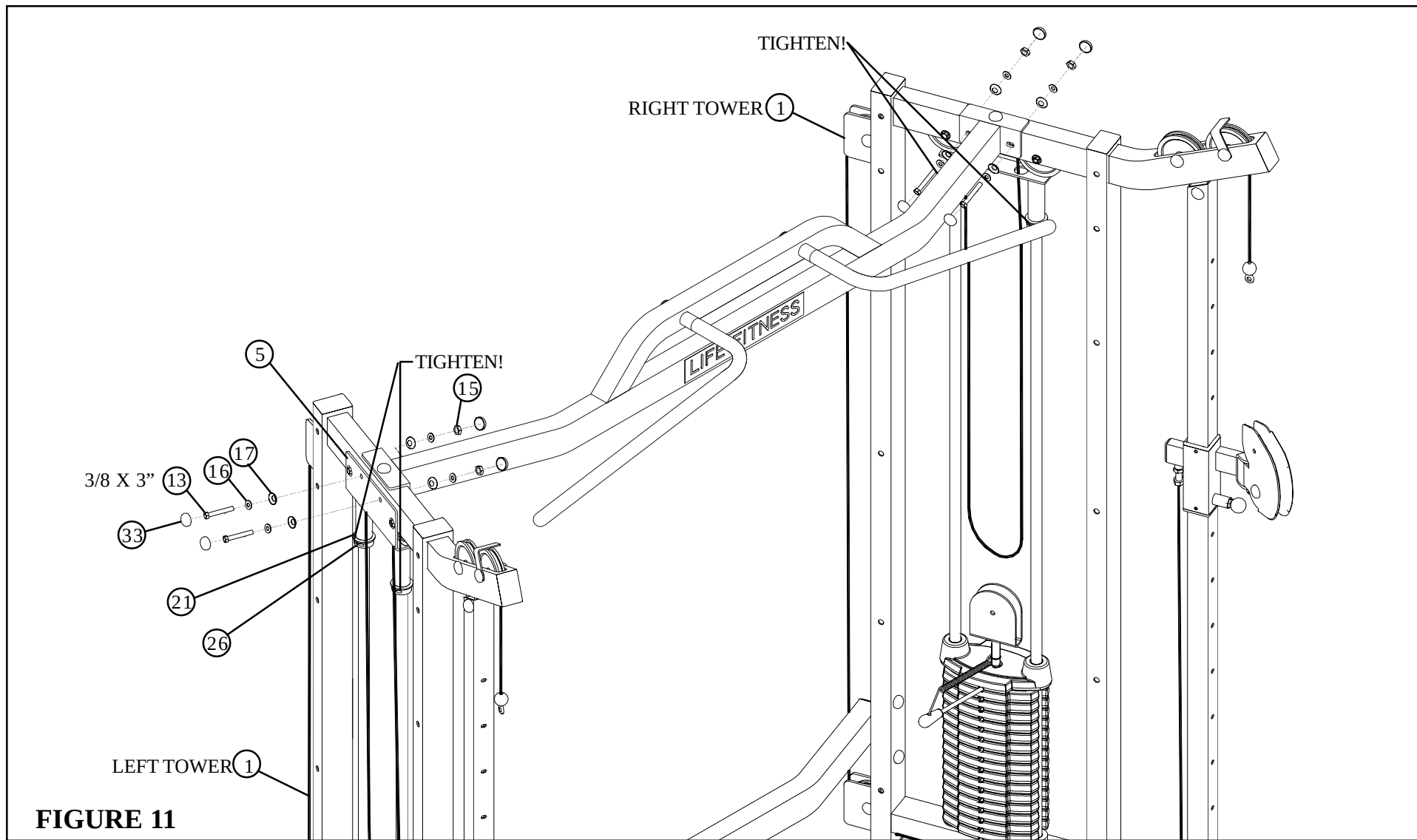
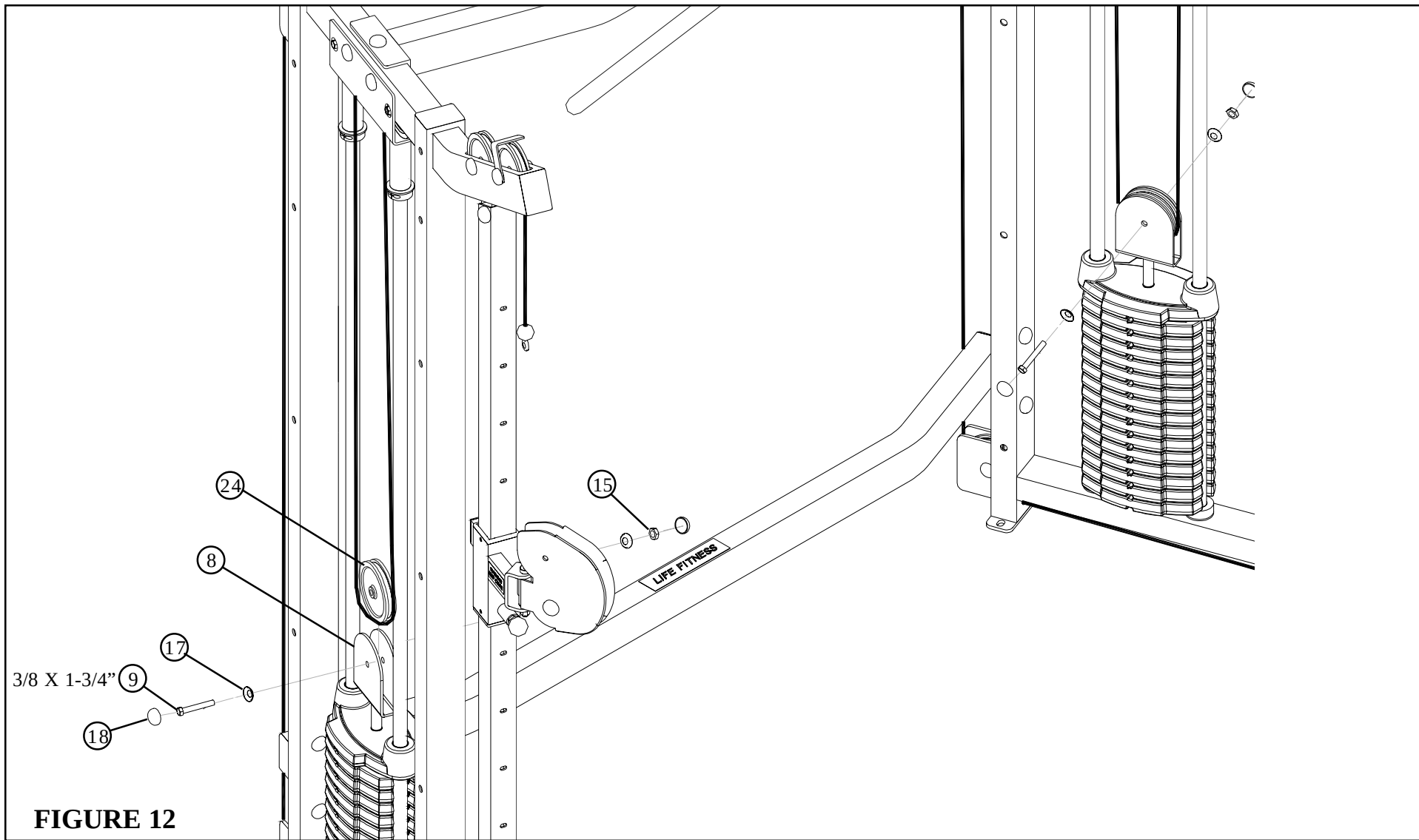


FIGURE 11

STEP 11:

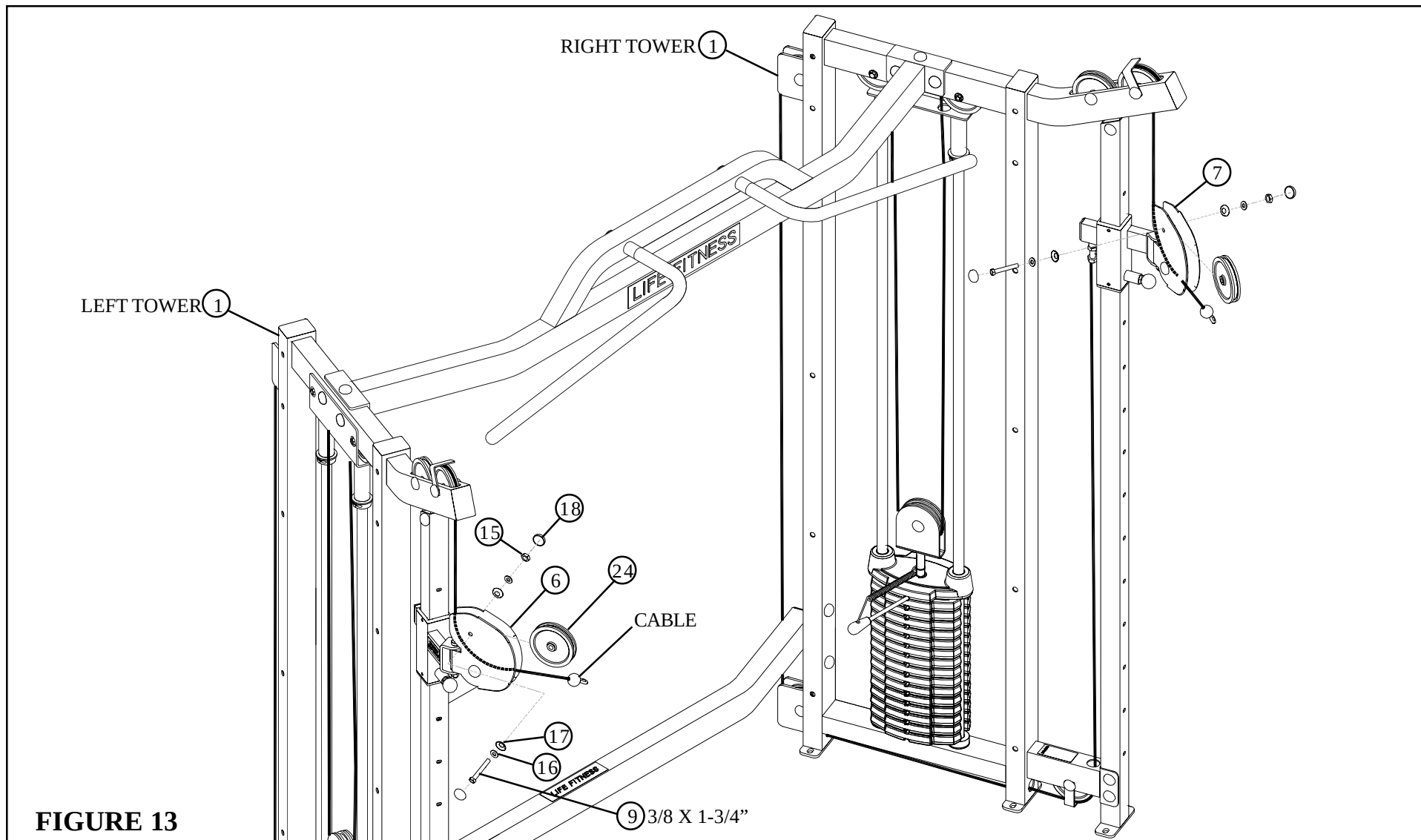
- **SECURELY** assemble the GUIDE ROD SUPPORT (5) to the top of the LEFT and RIGHT TOWERS (1) using eight RH CAPS (33), four 3/8 X 3" BOLTS (13), eight 3/8" SAE WASHERS (16), eight 3/8" RH WASHERS (17) and four 3/8" LOW HEIGHT LOCK NUTS (15) as shown in FIGURE 11.
- Slide GUIDE ROD BUSHINGS (21) into the tubes on the GUIDE ROD SUPPORT (5), slide 1" SHAFT COLLARS (26) underneath the GUIDE ROD BUSHINGS (21) and **SECURELY** tighten the set screws.



STEP 12:

- Place one 4-1/2" PULLEY (24) into the loop of the CABLE and **SECURELY** assemble the 4-1/2" PULLEY (24) to the HEAD PLATE (8) using two BLACK RH CAPS (18), one 3/8 X 1-3/4" BOLTS (9), two 3/8" RH WASHERS (17) and one 3/8" LOW HEIGHT LOCK NUT (15) as shown in FIGURE 12.
- Repeat this step to assemble one 4-1/2" PULLEY (24) to the opposing HEAD PLATE (8).





STEP 13:

- Route the ball end of CABLE under one 4-1/2" PULLEY (24) and **SECURELY** assemble the 4-1/2" PULLEY (24) to the LEFT SWIVEL PULLEY (6) using two RH CAPS (18), one 3/8 X 1-3/4" BOLT (9), two 3/8" SAE WASHERS (16), two 3/8" RH WASHERS (17) and one 3/8" LOW HEIGHT LOCK NUT (15) as shown in FIGURE 13.
- Repeat this step to assemble one 4-1/2" PULLEY (24) to the RIGHT SWIVEL PULLEY (7).

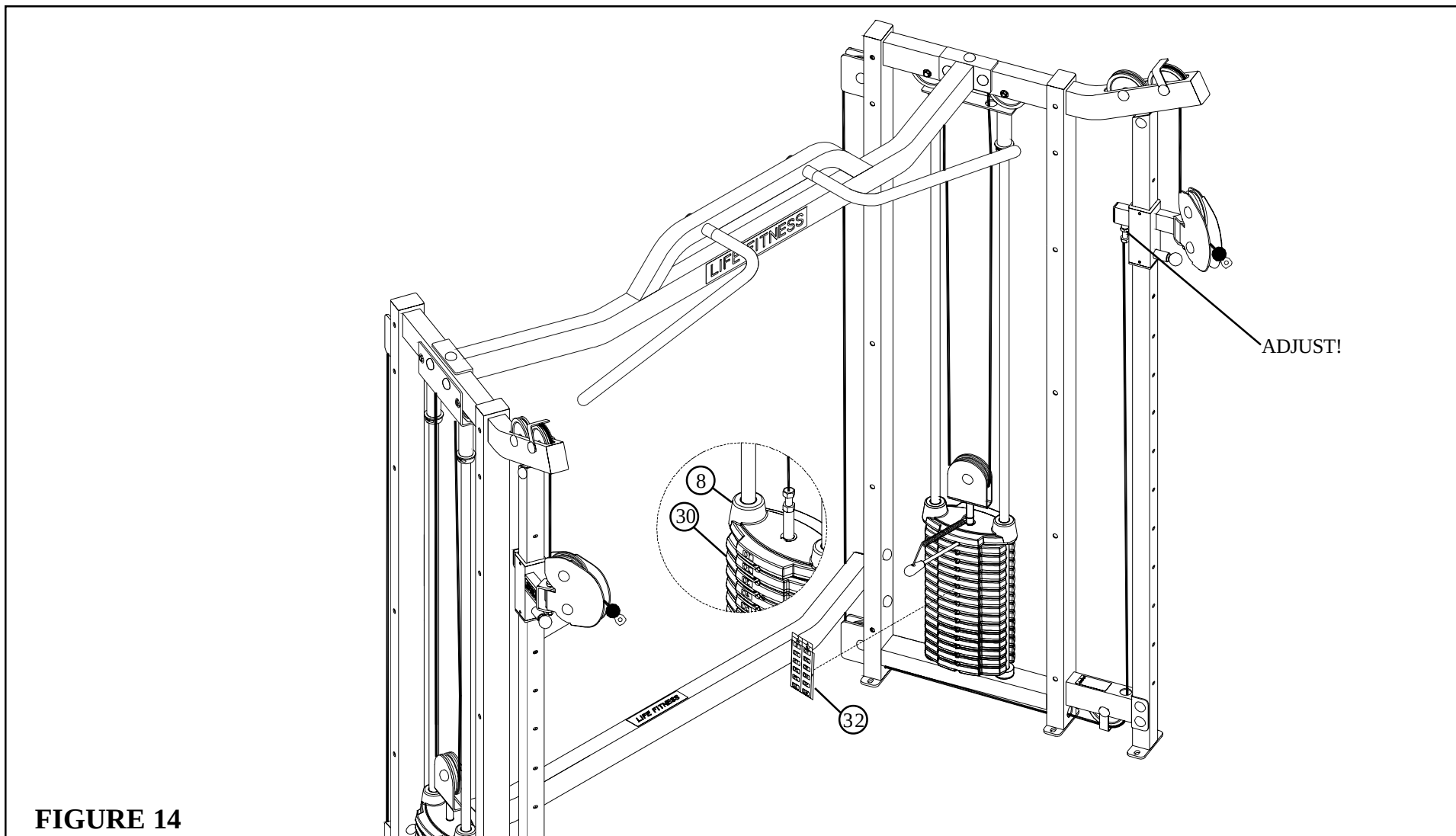


FIGURE 14

STEP 14:

- Peel the backing off the WEIGHT STACK LABELS (32), line up sheet to the right of the selector opening and apply labels to the WEIGHT PLATES (30), starting with the HEAD PLATE (8) as shown in FIGURE 14. **(NOTE: The WEIGHT STACK LABEL sheet (32) includes labels for both lbs. and kgs. for both the standard and optional weight stacks.)**
- Insert the WEIGHT STACK PIN into the WEIGHT STACK as shown in FIGURE 14.
- If the HEAD PLATE (8) does not sit on top of the first WEIGHT PLATE (30), push the head plate down, insert the WEIGHT STACK PIN and perform several repetitions on the machine. This will relax the cable system and prevent the HEAD PLATE (8) from lifting up.
- If after completing previous step the HEAD PLATE (8) still does not sit on top of the first WEIGHT PLATE (30) or if there is excess slack in the cable system, adjust the threaded end of the CABLE going into the SWIVEL PULLEYS (6 & 7) accordingly and retighten the jam nut.

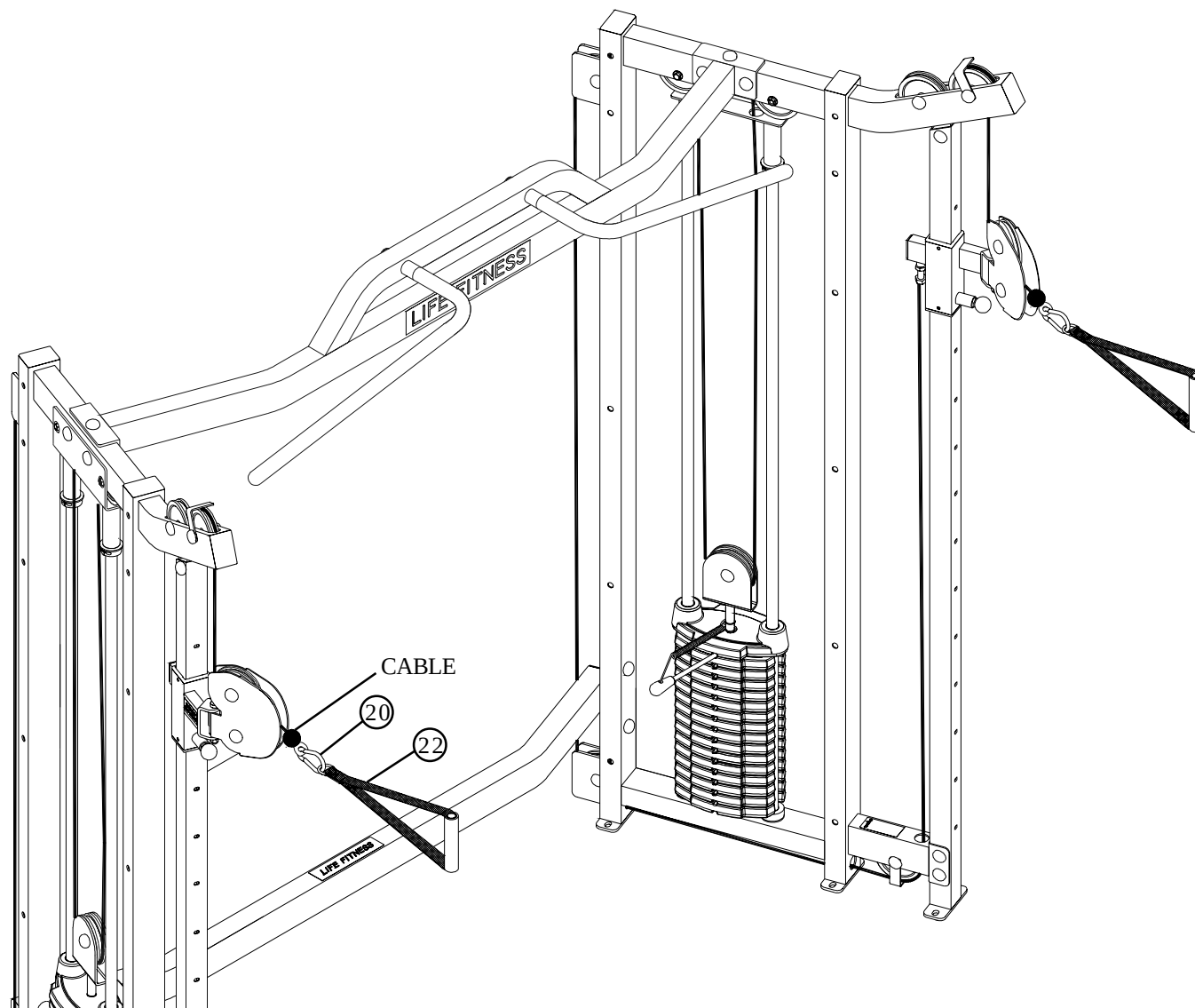


FIGURE 16

STEP 16:

- Assemble one SEWN HANDLE (22) to the CABLE end using one SNAP LINK (20) as shown in FIGURE 16.
- Repeat this step to assemble one SEWN HANDLE (22) to the opposite side.
- **REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS.**

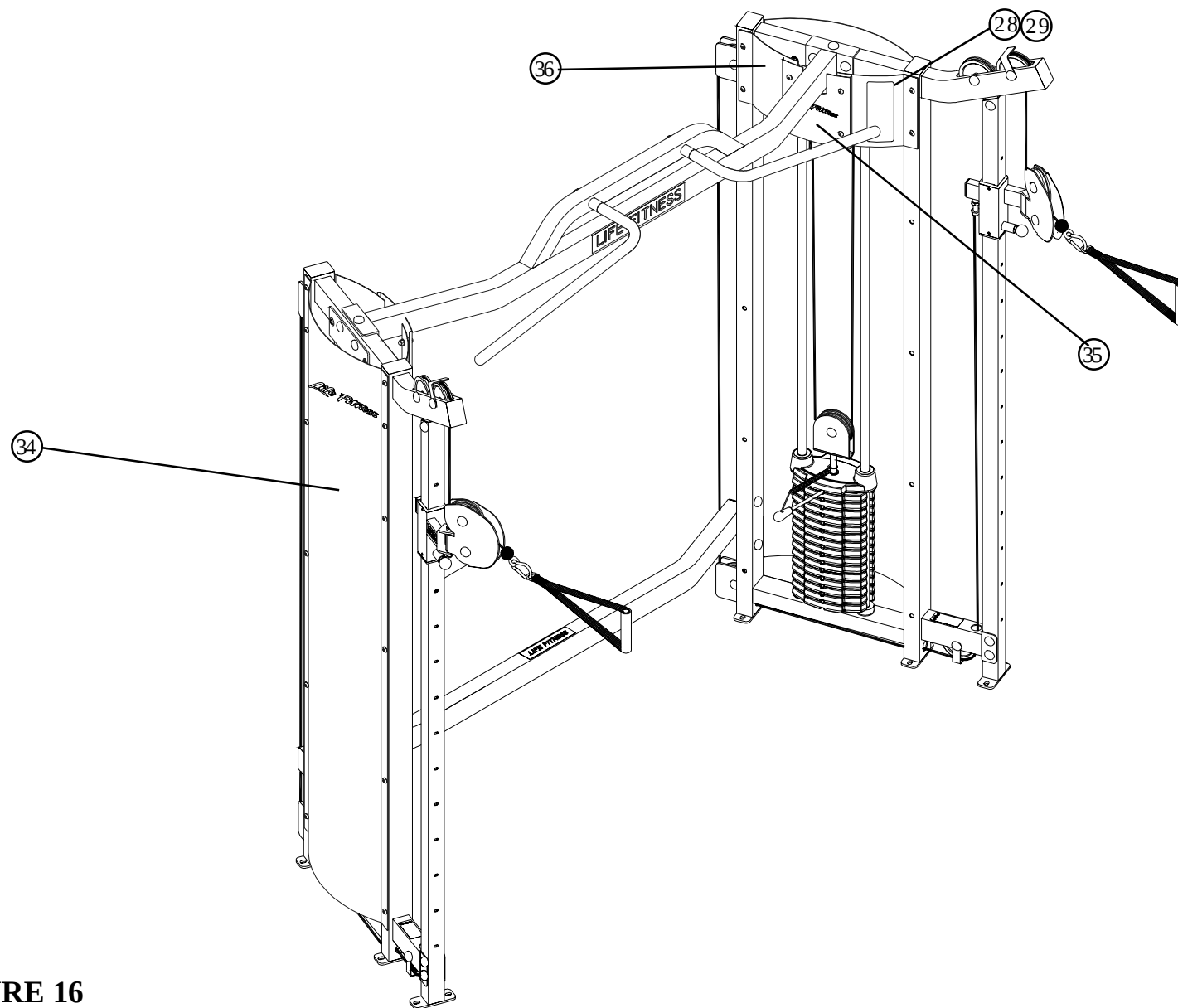


FIGURE 16

STEP 16:

- Assemble the PLACARD LABEL (28) or the FOREIGN LANGUAGE PLACARD LABEL (29) to the both the SHROUDS as shown in FIGURE 16.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately.
Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

<i>Action</i>	<i>DAILY</i>	<i>WEEKLY</i>	<i>QUARTERLY</i>	<i>BI-ANNUALLY</i>	<i>AS NEEDED</i>
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800)351-3737

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES CABLE CROSS OVER. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.